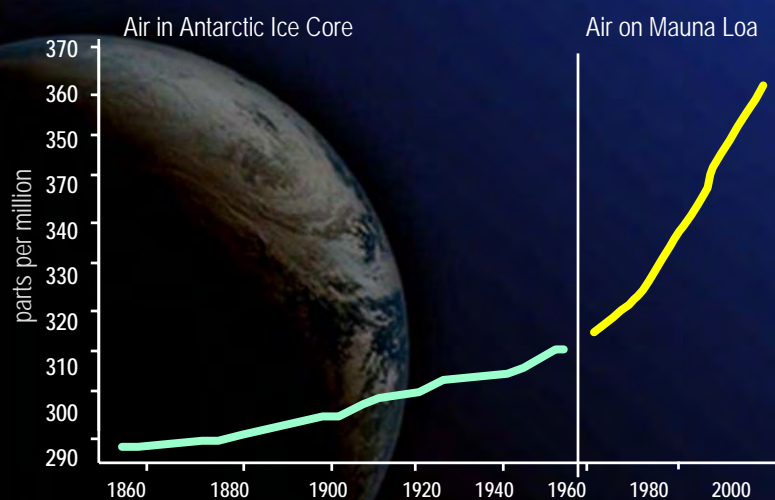


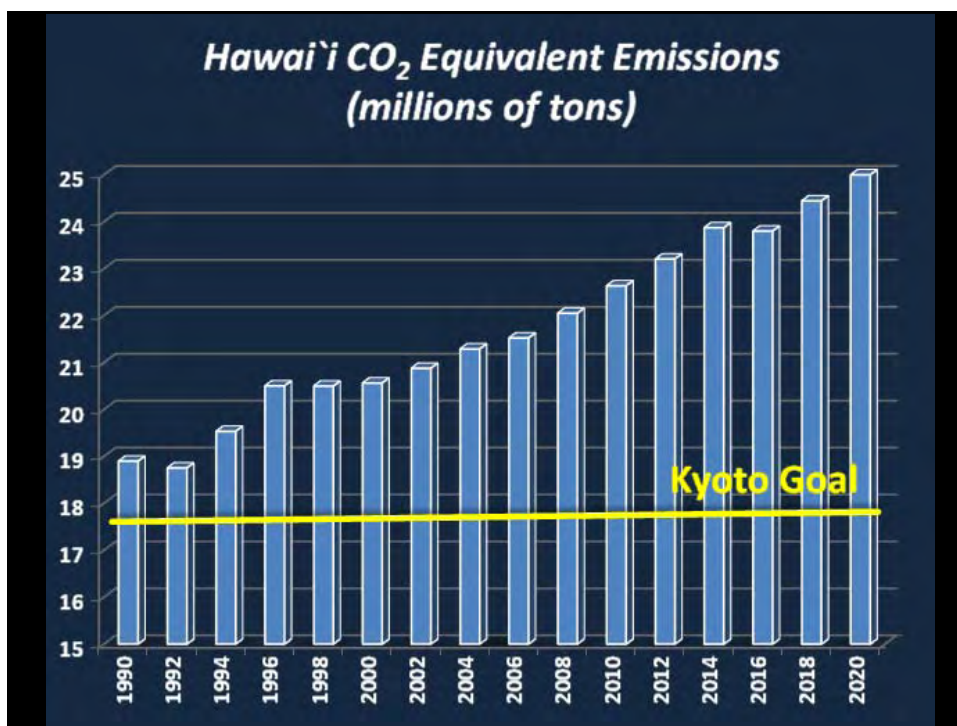
# Lose Weight Now!

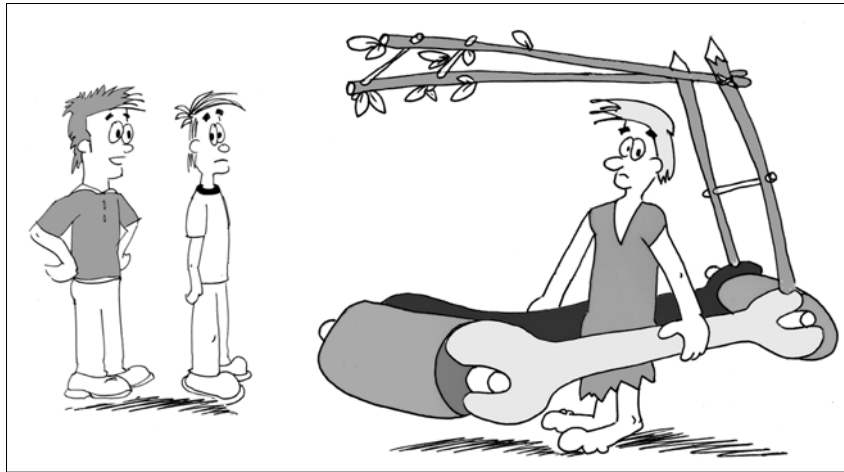


## Carbon Dioxide Concentrations



IPCC





The good news is the Sierra Club is endorsing it...  
The bad news is we haven't sold one yet.





**\$70 +**

## *Assumptions/Caveats*

- These are *estimates* for annual emissions
- 1.8 pounds carbon dioxide per kWh
- 19.4 pounds CO<sub>2</sub> per gallon gasoline
- Average residential electricity rates:  
*HECO: \$0.20/kWh, HELCO: \$0.31,*  
*Kauai: \$0.34, MECO: \$0.29*
- \$3.30 per gallon gasoline
- Estimated 7-mile commute distance
- 9000 miles per registered vehicle

**1/ *Use compact fluorescent bulbs***  
Save 1 ton annually



**SAVINGS**

O`ahu: **\$217**

Big Island: **\$337**

Kaua`i: **\$369**

Maui: **\$315**

Replace 7 100-Watt bulbs with 15-Watt compact fluorescent bulbs

**2/ *Bike commute (or telecommute)***  
***three days per week***



Save one ton and \$328 annually

### 3/ *Use solar water heating*

Save 1 ton EACH annually for a  
three person household



#### SAVINGS

O`ahu: **\$600**

Big Island: **\$930**

Kaua`i: **\$1020**

Maui: **\$870**

\* when converting from electric

### 4/ *Trade in the SUV for a hybrid*

Save up to 2.5 tons and \$800 annually



Switch from a Jeep Cherokee to a Toyota Prius and save  
one pound per mile!

## 5/ *Use a clothesline* Save 1 ton annually

Average family dryer usage of 1250 kilowatt-hours

### SAVINGS

O`ahu: **\$250**

Big Island: **\$388**

Kaua`i: **\$425**

Maui: **\$363**



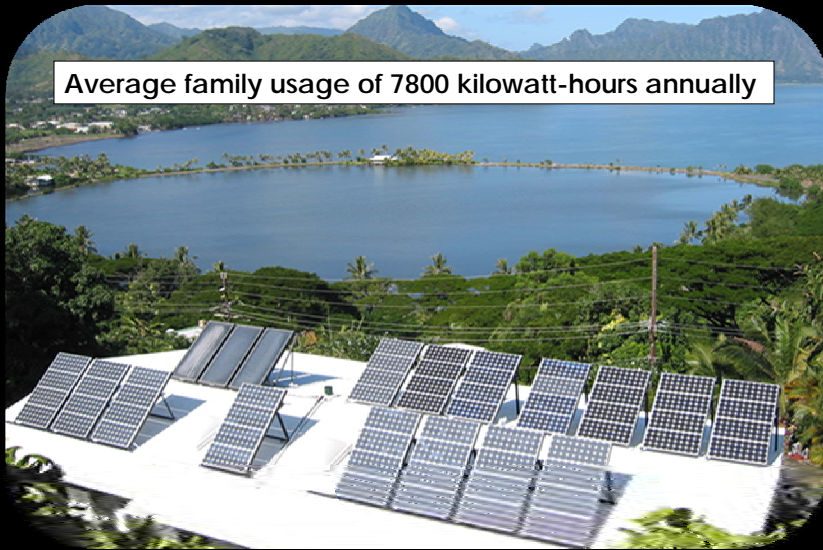
***Positive proof of global warming.***



## 6/ *Install photovoltaic at home*

Save up to 7 tons annually

Average family usage of 7800 kilowatt-hours annually



## 7/ *Skip a mainland trip*

Save one ton

Approx. one-half pound carbon dioxide emitted per passenger mile on jet.



## 8/ Take **TheBus** for 1/3 of trips

*Save one ton*



Bus fuel efficiency of 80 miles per gallon equivalent (4 mpg with ave. load of 20 passengers).

*Assumes average of 9000 miles per year per registered auto; 22 mpg average*

## 9/ **Recycle!**

5000 aluminum cans, 6000 glass bottles, or 1000 pounds of paper

**SAVE ONE TON**



## 10/ *Go on a Sierra Club work trip*



Plant 40 trees,  
sequester 1 ton of  
carbon dioxide

*(typical tree  
sequesters 1 ton  
over 40 years)*



*Before*



*After*

**Lose Weight Now!**



*Sierra Club, Hawa`i Chapter*  
[www.hi.sierraclub.org](http://www.hi.sierraclub.org)